

1. A composition comprising an ocular solution containing Vitamin C or Vitamin E and at least one stabilizing agent in an amount effective to stabilize the solution against oxidation.
2. The composition of claim 1 wherein the stabilizing agent is selected from at least one of cysteine, L-cystine, glutathione, L-methionine, and N-acetyl-L-cysteine.
3. The composition of claim 1 wherein Vitamin C or Vitamin E is in a concentration in the range of about 1 $\mu\text{g/ml}$ to about 10 mg/ml.
4. The composition of claim 1 wherein the stabilizing agent comprises a solution of up to about 12% water and at least one water miscible organic solvent selected from the group consisting of N-propanol, isopropanol, methanol,
5 propylene glycol, butylene glycol, hexylene glycol, glycerine, sorbitol (polyol), di-propylene glycol, polypropylene glycol, a mixture of propylene glycol and butylene glycol with propylene glycol at about 25% by weight to about 80% by weight and butylene glycol at about 5% by weight to about 30% by weight.
5. The composition of claim 1 wherein the stabilizing agent comprises magnesium ions in at least 14 parts by weight to 100 parts by weight of a vitamin antioxidant.

6. The composition of claim 1 wherein the stabilizing agent comprises a combination of at least one phosphonic acid derivative and at least one metabisulfite.
7. The composition of claim 1 wherein the stabilizing agent comprises at least one of acrylic and methacrylic polymers, or xanthans.
8. The composition of claim 1 wherein the stabilizing agent comprises an extract of the fruit of the *Emblica officinalis* plant.
9. The composition of claim 1 in a formulation selected from at least one of a suspension, a cream, a gel, an emulsion, an ointment, and a solution.
10. The composition of claim 1 wherein Vitamin C or Vitamin E is in a nonaqueous or substantially anhydrous silicone vehicle where the silicone vehicle comprises at least 50% by weight of the composition.
11. The composition of claim 1 comprising at least one of Vitamin C or Vitamin E at concentrations in the range of about 0.025 mg/ml to about 1.2 mg/ml.
12. The composition of claim 1 comprising at least one of Vitamin C or Vitamin E at concentrations in the range of about 0.1 mg/ml to about 0.3 mg/ml.

13. The composition of claim 1 comprising at least one of Vitamin C or Vitamin E at concentrations up to about 10% of the ocular solution.

14. The composition of claim 1 comprising at least one of Vitamin C or Vitamin E at a concentration in the range of about 10% of the ocular solution to about 15% of the ocular solution within the limits of solubility.

15. The composition of claim 1 wherein the stabilizing agent is free cysteine at a concentration by weight of the antioxidant in the range of about 0.4%, about 0.5%, about 0.6%, about 0.7%, about 0.8%, about 0.9%, about 1%, about 2.5%, or about 5%.

16. The composition of claim 1 wherein the stabilizing agent is free cysteine at a concentration, relative to at least one of Vitamin C or Vitamin E, in a range selected from at least one of about 0.2% to about 2.3%, about 0.2% to about 1.25%, or about 0.3% to about 0.9%.

17. The composition of claim 1 comprising at least one of Vitamin C or Vitamin E in the range between about 1% by weight to about 25% by weight, glutathione in the range between about 0.01% by weight to about 10% by weight, a source of selenium at a concentration in the range from about 0.001% by weight to about 2.0% by weight, and a sulfur-containing amino acid at a concentration in the range of about 0.001% by weight to about 2.0% by weight.

18. A composition comprising a physiologically acceptable formulation of Vitamin C and at least one stabilizing agent capable of retarding Vitamin C deterioration for use in a physiologically acceptable ocular solution.
19. The composition of claim 18 wherein the stabilizing agent is chosen from at least one of cysteine, L-cystine, glutathione, and L-methionine,
20. The composition of claim 18 wherein the stabilizing agent comprises a solution of up to about 12% water and at least one water miscible organic solvent selected from the group consisting of N-propanol, isopropanol,
5 methanol, propylene glycol, butylene glycol, hexylene glycol, glycerine, sorbitol (polyol), di-propylene glycol, polypropylene glycol, a mixture of propylene glycol and butylene glycol with propylene glycol at about 25% by weight to about 80% by weight and butylene glycol at about 5% by weight to about 30% by weight.
21. The composition of claim 18 wherein Vitamin C is selected from at least one of sodium ascorbate, potassium ascorbate, calcium ascorbate, magnesium ascorbate, ascorbyl palmitate ester, ascorbyl laurate ester, ascorbyl myristate ester, ascorbyl stearate ester, magnesium ascorbyl phosphate,
5 ascorbyl-phosphoryl-cholesterol, dipalmitate ascorbate, and ascorbate anhydrides.

22. The composition of claim 18 comprising Vitamin C at a concentration in the range of about 1 μ g/ml of the ocular solution to about 10 mg/ml of the ocular solution.
23. The composition of claim 18 comprising Vitamin C at a concentration in the range of about 0.025 mg/ml of the ocular solution to about 1.2 mg/ml of the ocular solution.
24. The composition of claim 18 comprising Vitamin C at a concentration in the range of about 0.1 mg/ml of the ocular solution to about 0.3 mg/ml of the ocular solution.
25. The composition of claim 18 comprising Vitamin C at a concentration up to about 10% of the ocular solution.
26. The composition of claim 18 comprising Vitamin C at a concentration in the range of about 10% of the ocular solution to about 15% of the ocular solution within the limits of solubility.
27. The composition of claim 18 comprising Vitamin C at a concentration in the range of about 0.025 mg/ml of the ocular solution to about 1.2 mg/ml of the ocular solution.

28. The composition of claim 18 wherein the stabilizing agent is free cysteine is at a concentration by weight relative to Vitamin C in the range of about 0.4%, about 0.5%, about 0.6%, about 0.7%, about 0.8%, about 0.9%, about 1%, about 2.5%, or about 5%

29. The composition of claim 18 wherein the stabilizing agent is free cysteine at a concentration by weight relative to Vitamin C in the range selected from at least one of about 0.2% to about 2.3%, about 0.2% to about 1.25%, or about 0.3% to about 0.9%.

30. The composition of claim 18 comprising Vitamin C in the range between about 1% by weight to about 25% by weight, glutathione in the range between about 0.01% by weight to about 10% by weight, a source of selenium at a concentration in the range from about 0.001% by weight to about 2.0% by weight, and a sulfur-containing amino acid at a concentration in the range of about 0.001% by weight to about 2.0% by weight.

31. A method for stabilizing an ocular solution comprising providing a stabilizing agent to an ocular solution containing Vitamin C, the stabilizing agent in an amount sufficient to retard oxidation of Vitamin C and thus stabilize the ocular solution.

32. The method of claim 31 wherein the ocular solution is for external ocular application.

33. The method of claim 31 wherein the ocular solution is at least one of an ocular lubrication solution, a contact lens solution, and an ocular wash solution.

34. The method of claim 31 wherein the ocular solution is for internal ocular instillation.

35. The method of claim 31 wherein the ocular solution is for at least one of irrigation or volume replacement.

36. The method of claim 31 wherein the Vitamin C and the stabilizing agent are provided to an ocular solution.

37. The method of claim 31 wherein the stabilizing agent is provided to an ocular solution containing Vitamin C.

38. The method of claim 31 wherein the stabilizing agent provided is selected from at least one of cysteine, L-cystine, glutathione, L-methionine, and N-acetyl-L-cysteine.
39. The method of claim 31 wherein Vitamin C is at a concentration in the range of about 1 µg/ml to about 10 mg/ml.
40. The method of claim 31 wherein the stabilizing agent provided comprises a solution of up to about 12% water and at least one water miscible organic solvent selected from the group consisting of N-propanol, isopropanol, methanol, propylene glycol, butylene glycol, hexylene glycol, glycerine, sorbitol
5 (polyol), di-propylene glycol, polypropylene glycol, a mixture of propylene glycol and butylene glycol with propylene glycol at about 25% by weight to about 80% by weight and butylene glycol at about 5% by weight to about 30% by weight.
41. The method of claim 31 wherein the stabilizing agent provided comprises magnesium ions in at least 14 parts by weight to 100 parts by weight of a vitamin antioxidant.
42. The method of claim 31 wherein the stabilizing agent provided comprises a combination of at least one phosphonic acid derivative and at least one metabisulfite.

43. The method of claim 31 wherein Vitamin C is in a nonaqueous or substantially anhydrous silicone vehicle where the silicone vehicle comprises at least 50% by weight of the composition.

44. The method of claim 31 wherein the stabilizing agent provided comprises at least one of acrylic and methacrylic polymers, or xanthans.

45. The method of claim 31 wherein the stabilizing agent provided comprises an extract of the fruit of the *Emblica officinalis* plant.

46. The method of claim 31 wherein the ocular solution is in a formulation selected from at least one of a suspension, a cream, a gel, an emulsion, an ointment, and a solution.

47. A method for stabilizing an ocular solution comprising providing to an ocular solution containing an antioxidant at least one stabilizing agent in an amount effective to stabilize the solution against oxidation, the stabilizing agent selected from at least one of cysteine, magnesium ions, magnesium sulfate
- 5 heptahydrate, L-methionine, N-acetyl-L-cysteine, glutathione, a mixture of propylene glycol and butylene glycol, at least one phosphonic acid derivative and at least one metabisulfite, a combination of polysilicone-11, dimethicone, and cyclomethicone; xanthan polymers; acrylic and methacrylic polymers; and an extract of the fruit of the *Emblica officinalis* plant.

48. A composition comprising an ocular solution containing at least one stabilizing agent for an antioxidant, the stabilizing agent in an amount effective to stabilize the solution and selected from at least one of cysteine, magnesium ions, magnesium sulfate heptahydrate, L-methionine, N-acetyl-L-cysteine, glutathione,
- 5 a mixture of propylene glycol and butylene glycol, at least one phosphonic acid derivative and at least one metabisulfite, a combination of polysilicone-11, dimethicone, and cyclomethicone; xanthan polymers; acrylic and methacrylic polymers; and an extract of the fruit of the *Emblica officinalis* plant.